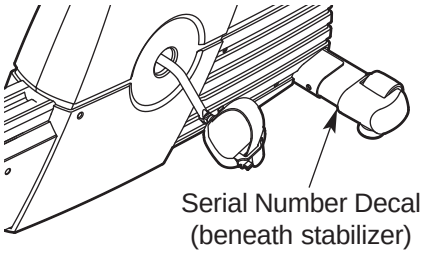
PRO-FORM®
Trainer Cycle GR 90

Patent Pending

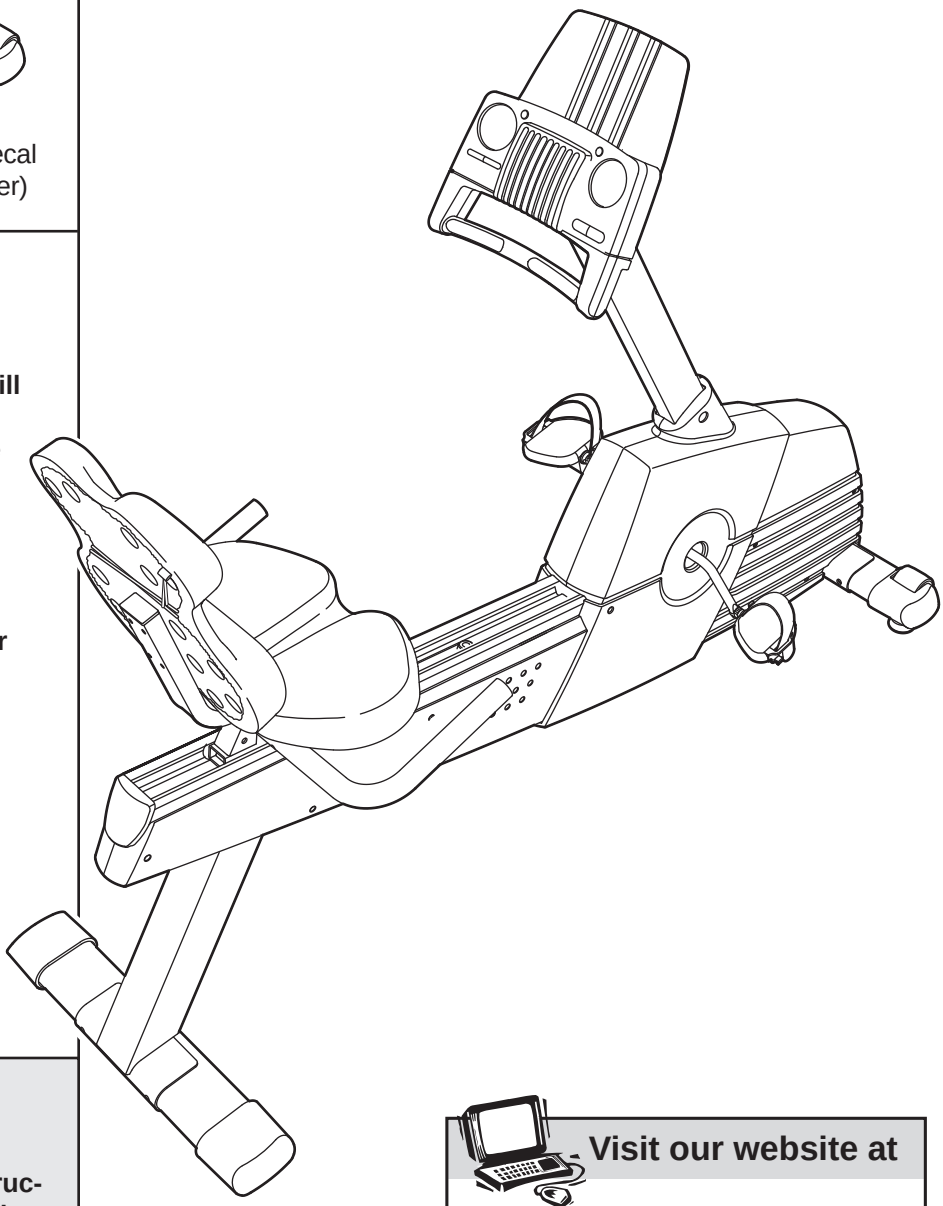
Model No. PFEX38440
Serial No. _____

Write the serial number in the space above for reference.



Serial Number Decal
(beneath stabilizer)

USER'S MANUAL



QUESTIONS?

If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-888-533-1333
Mon.–Fri., 6 a.m.–6 p.m. MST

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

Visit our website at

www.proform.com

new products, prizes, fitness tips, and much more!

PRO-FORM®
Trainer Cycle GR 90

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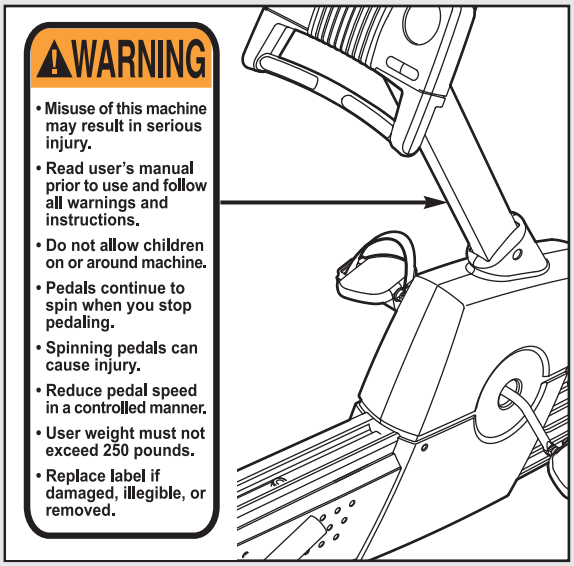
PROFORM is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual before using the exercise cycle.
2. Use the exercise cycle only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
4. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
5. Place the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the exercise cycle at all times.
8. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
9. The exercise cycle should not be used by persons weighing more than 250 pounds.
10. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. Always keep your back straight when using the exercise cycle; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. The exercise cycle does not have a freewheel; the pedals will continue to move until the flywheel stops.
14. The decal shown below has been placed on the exercise cycle. If the decal is missing, or if it is not legible, please call toll-free 1-888-533-1333 and order a free replacement decal. Apply the decal in the location shown.


WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Pedals continue to spin when you stop pedaling.
• Spinning pedals can cause injury.
• Reduce pedal speed in a controlled manner.
• User weight must not exceed 250 pounds.
• Replace label if damaged, illegible, or removed.

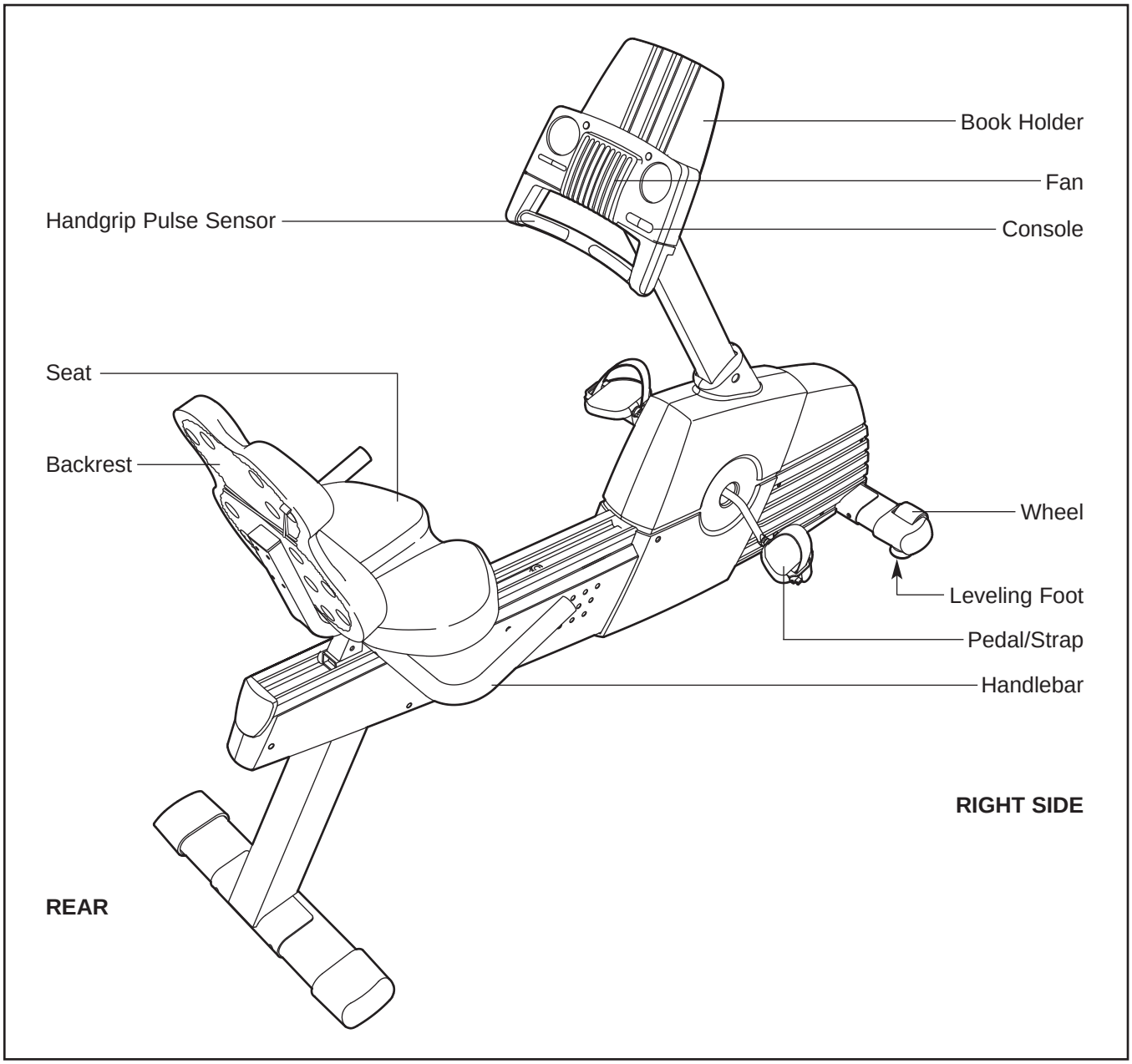
⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® GR 90 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The PROFORM GR 90 exercise cycle offers an impressive array of features to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, call our Customer Service Department toll-free at 1-888-533-1333, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFEX38440. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

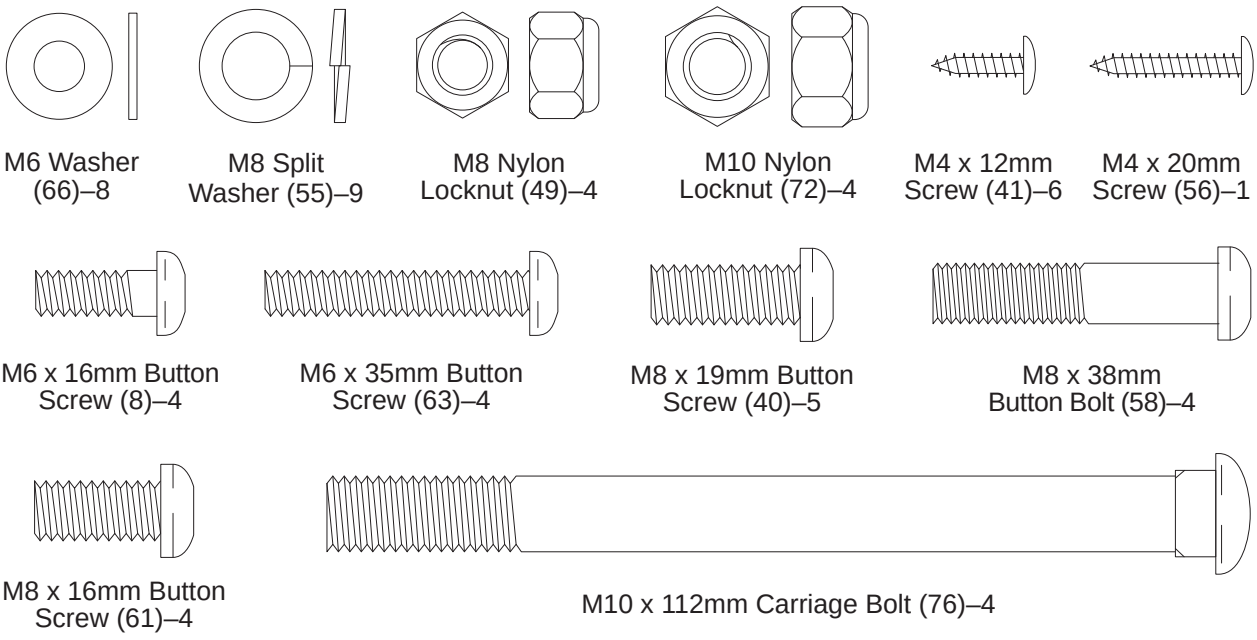


ASSEMBLY

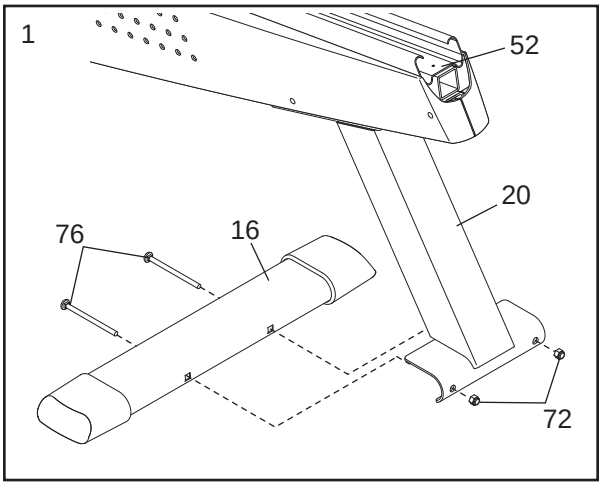
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included tools and your own adjustable wrench **and Phillips screwdriver** **.**

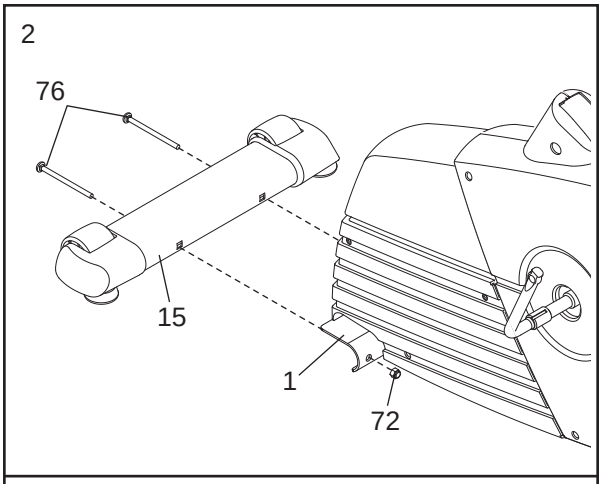
Use the drawings below to identify the small parts used for assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on page 21. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**


M6 Washer (66)–8
M8 Split Washer (55)–9
M8 Nylon Locknut (49)–4
M10 Nylon Locknut (72)–4
M4 x 12mm Screw (41)–6
M4 x 20mm Screw (56)–1
M6 x 16mm Button Screw (8)–4
M6 x 35mm Button Screw (63)–4
M8 x 19mm Button Screw (40)–5
M8 x 38mm Button Bolt (58)–4
M8 x 16mm Button Screw (61)–4
M10 x 112mm Carriage Bolt (76)–4

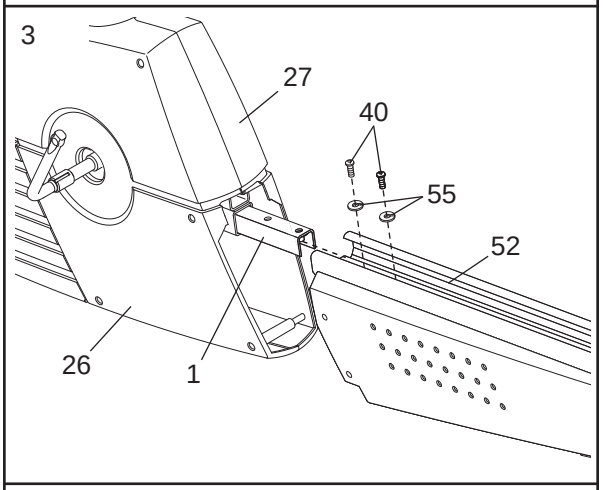
1. Orient the Rear Stabilizer (16) as shown. While another person lifts the Frame Rail (52), attach the Rear Stabilizer to the Leg (20) with two M10 x 112mm Carriage Bolts (76) and two M10 Nylon Locknuts (72).



2. Orient the Front Stabilizer (15) as shown. While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M10 x 112mm Carriage Bolts (76) and two M10 Nylon Locknuts (72).

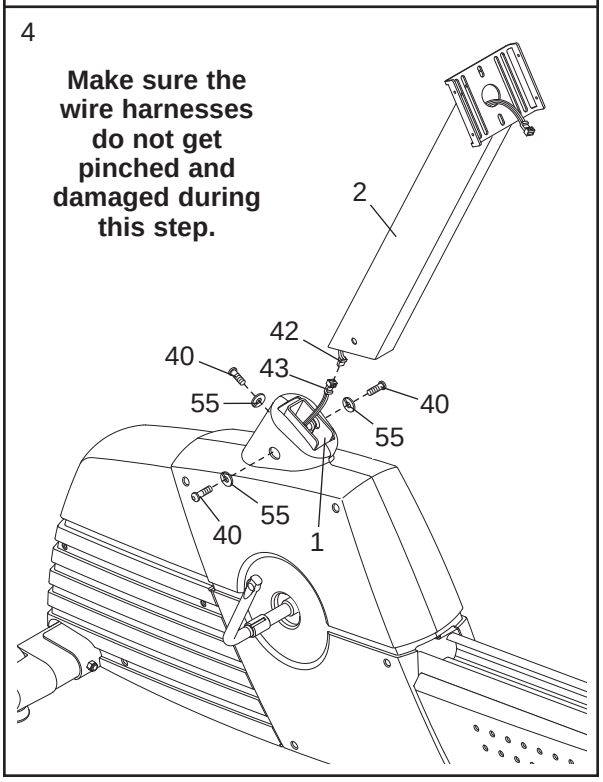


3. Attach the Frame Rail (52) to the Frame (1) with two M8 x 19mm Button Screws (40) and two M8 Split Washers (55). **Be careful to avoid damaging the Side Shields (26, 27).**



4. While another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (42) to the Lower Wire Harness (43). Gently pull the upper end of the Upper Wire Harness to remove any slack from the Wire Harnesses.

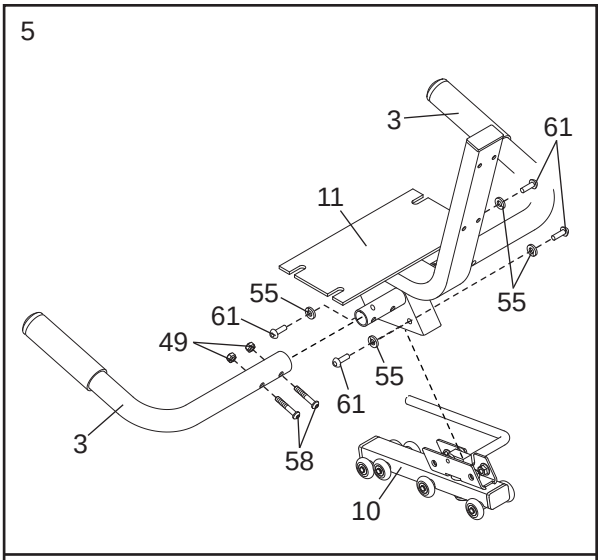
   Slide the Upright (2) onto the top of the Frame (1) as shown. Attach the Upright to the Frame with three M8 x 19mm Button Screws (40) and three M8 Split Washers (55). **Be careful to avoid pinching the Wire Harnesses (42, 43).**



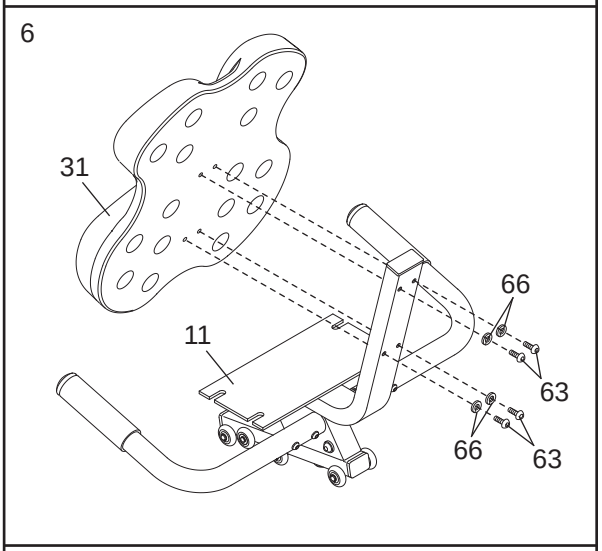
5. Orient the Seat Carriage Assembly (10) as shown. Attach the Seat Carriage Assembly to the Seat Bracket (11) with four M8 x 16mm Button Screws (61) and four M8 Split Washers (55).

   Attach a Handlebar (3) to the Seat Bracket (11) with two M8 x 38mm Button Bolts (58) and two M8 Nylon Locknuts (49). **Make sure that the Nylon Locknuts are resting in the hexagonal holes in the front of the Handlebar.**

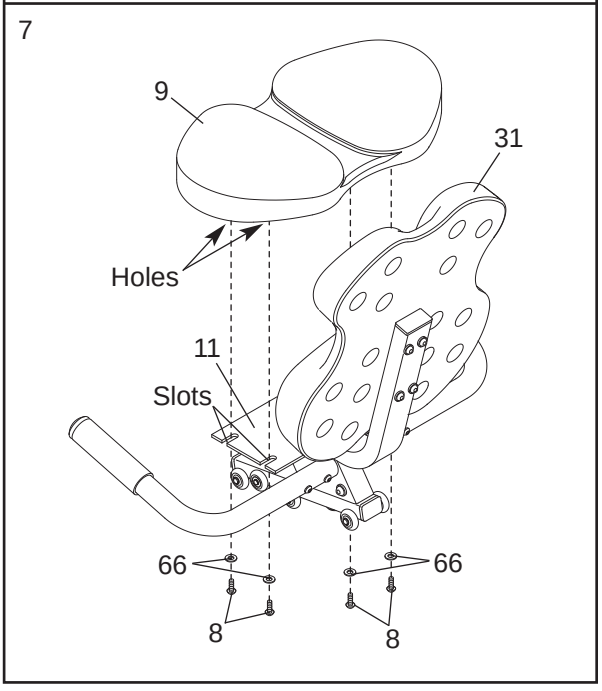
   Attach the other Handlebar (3) to the Seat Bracket (11) in the same way.



6. Attach the Backrest (31) to the Seat Bracket (11) with four M6 x 35mm Button Screws (63) and four M6 Washers (66).

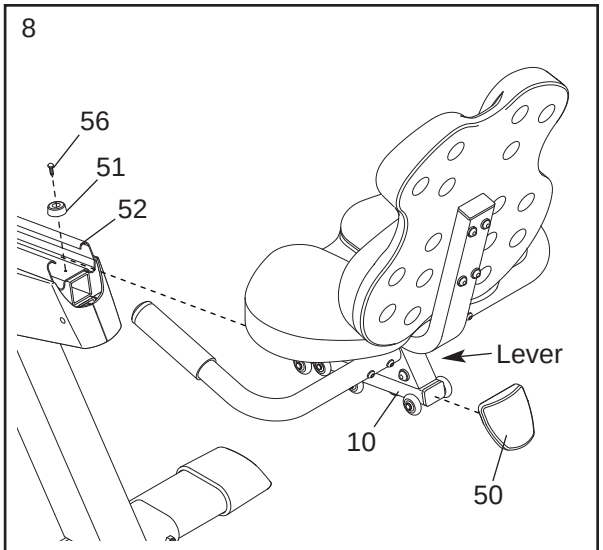


7. Align the holes in the Seat (9) with the slots in the Seat Bracket (11). **Make sure that there is a space between the Seat and the Backrest (31).** Attach the Seat to the Seat Bracket with four M6 x 16mm Button Screws (8) and four M6 Washers (66).



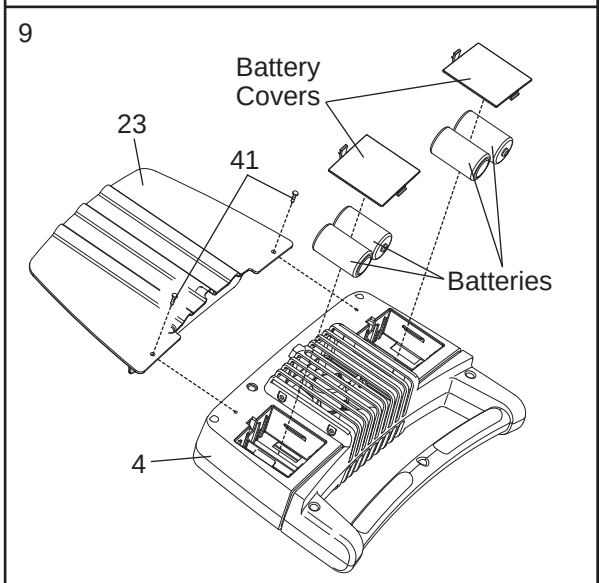
8. Push down the lever (not shown) on the right side of the Seat Carriage Assembly (10), slide the Seat Carriage Assembly into the Frame Rail (52), and then pull the lever back up.

   Attach a Bumper (51) to the Frame Rail (52) with an M4 x 20mm Screw (56). Then, press the Frame Rail Endcap (50) into the end of the Frame Rail.



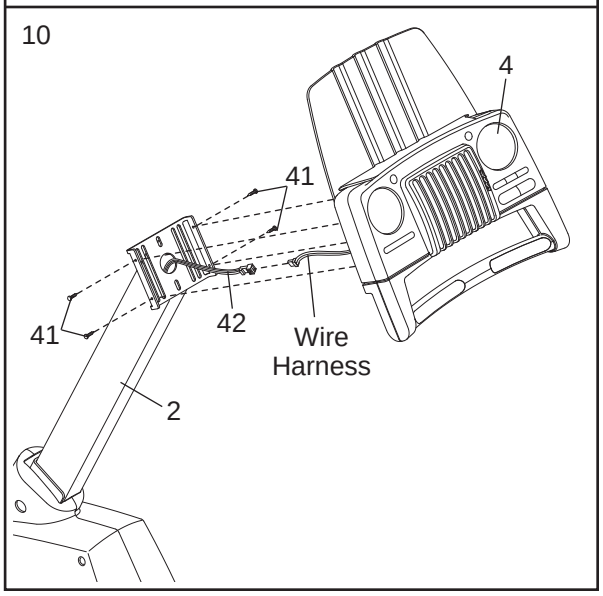
9. The Console (4) requires four 1.5V "D" batteries (not included); alkaline batteries are recommended. Remove the two battery covers from the Console. Next, insert four batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagrams inside of the battery compartments.** Then, reattach the battery covers to the Console.

   Attach the Book Holder (23) to the Console (4) with two M4 x 12mm Screws (41) as shown.



10. While another person holds the Console (4) in the position shown, connect the wire harness on the Console to the Upper Wire Harness (42). Insert the excess wire harness down into the Upright (2).

    Attach the Console (4) to the Upright (2) with four M4 x 12mm Screws (41). **Be careful to avoid pinching the wire harnesses.**



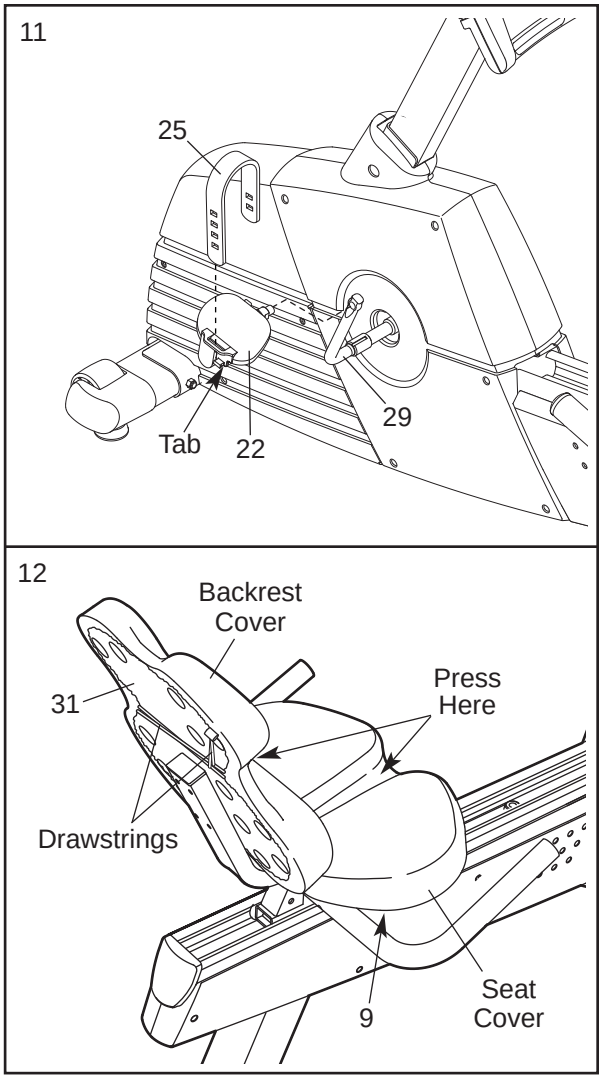
11. Identify the Left Pedal (22), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the left arm on the Pulley (29). Tighten the Right Pedal (not shown) *clockwise* into the right arm on the Pulley. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

    Adjust the Left Pedal Strap (25) to the desired position, and press the end of the Left Pedal Strap onto the tab on the Left Pedal (22).

    Adjust the Right Pedal Strap (not shown) in the same way.

12. Slide the seat cover onto the Seat (9). Tighten the drawstring and secure the seat cover by pressing down in the center of the Seat.

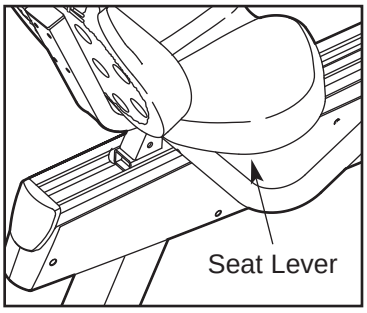
    Slide the backrest cover onto the Backrest (31), making sure to keep all of the drawstrings behind the Backrest. Tighten the drawstring and secure the backrest cover by pressing in the center of the Backrest.



13. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

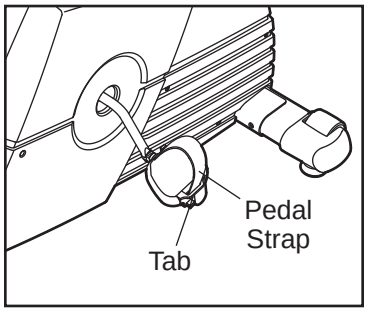
HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT



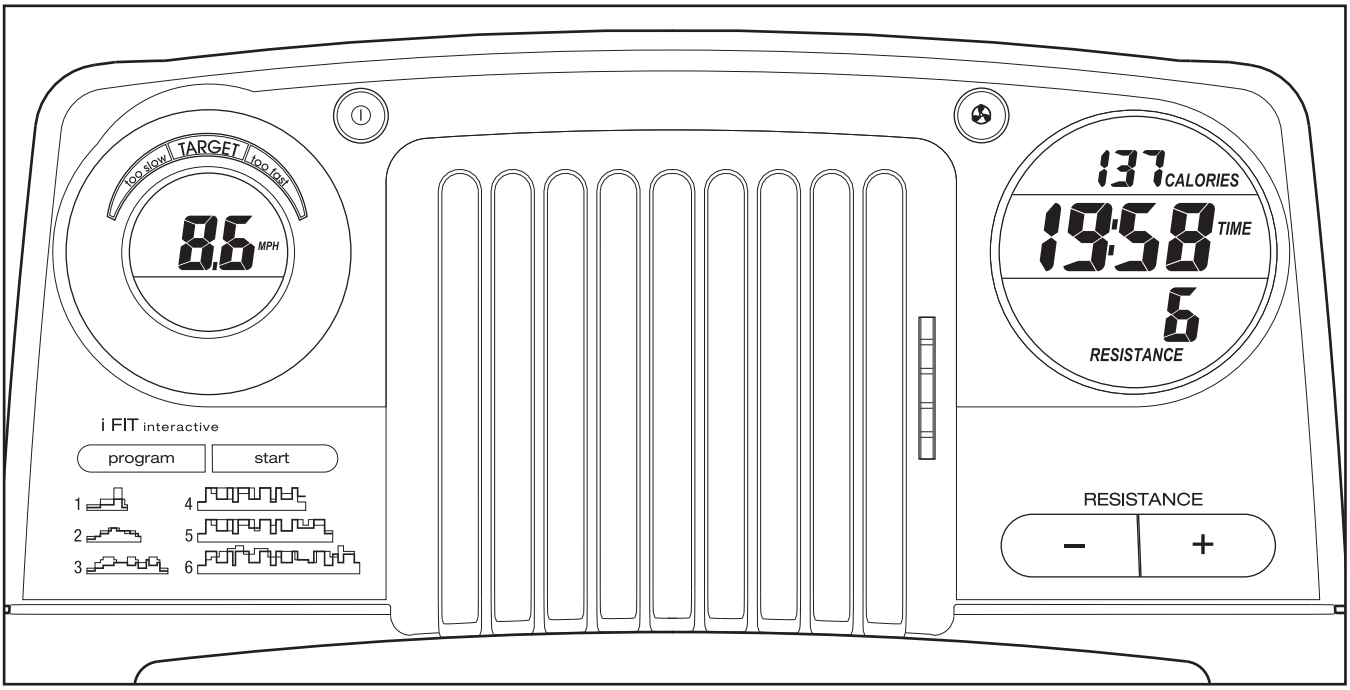
For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are all of the way forward. To adjust the seat, push the seat lever down, slide the seat forward or backward, and then firmly pull the seat lever back up.

HOW TO ADJUST THE PEDAL STRAPS



To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps back onto the tabs.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the pedals can be changed with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

In addition, the console offers six preset programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pace as it guides you through an effective workout.

The console also features iFIT.com interactive technology. Having iFIT.com interactive technology is like having a personal trainer in your home. Using a stereo audio cable (available at electronics stores), you can connect the exercise cycle to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the resistance of the pedals and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-888-533-1333.**

With the exercise cycle connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. **Explore www.iFIT.com for more information.**

To use the manual mode of the console, see page 11. **To use a preset program,** see page 13. **To use an iFIT.com CD or video program,** see page 17. **To use a program directly from our Web site,** see page 18.

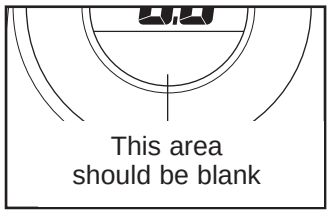
HOW TO USE THE MANUAL MODE

1 Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. (The On/Reset button is near the top of the left display.)

Note: If there are sheets of clear plastic on the face of the console, remove the plastic.

2 Select the manual mode.

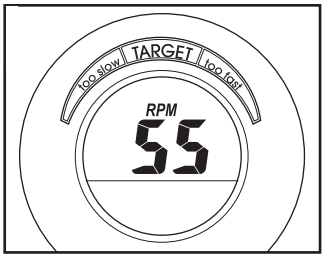


When the power is turned on, the manual mode will be selected. If you have selected a program or the iFIT.com mode, reselect the manual mode by pressing the Program button repeatedly until the lower part of the left display is blank.

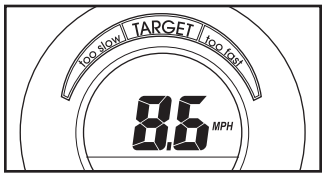
3 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance buttons. There are ten resistance levels—level 10 is the most challenging. Note: After the buttons are pressed, it will take a moment for the pedals to reach the selected resistance level.

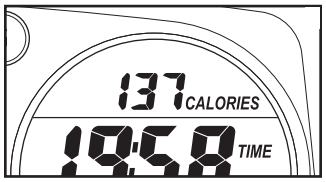
4 Monitor your progress with the two displays.



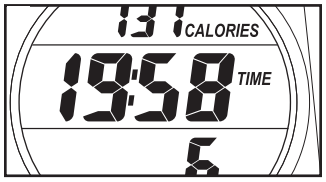
The left display—The upper part of the left display will show your pedaling pace, in revolutions per minute (RPM), and your pedaling speed. The display will change from one number to the other every few seconds.



Note: The console can show speed and distance in either miles or kilometers. The letters MPH or KM/H will appear in the upper part of the left display to show which unit of measurement is selected. To change the unit of measurement, first hold down the Program button for a few seconds. An E (for English) or an M (for metric) will appear in the upper part of the left display. Press the Resistance + button to change the unit of measurement. Then, press the On/Reset button. Note: When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.



The right display—The upper part of the right display will show the distance (total number of revolutions) you have pedaled and the approximate number of calories you have burned. The display will change from one number to the other every few seconds. The upper part of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 12).

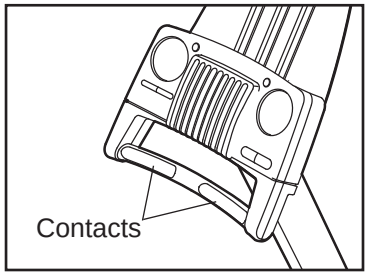


The center of the right display will show the elapsed time. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time.

The lower part of the right display will show the resistance level of the pedals.

To reset the displays, press the On/Reset button.

5 Measure your heart rate if desired.

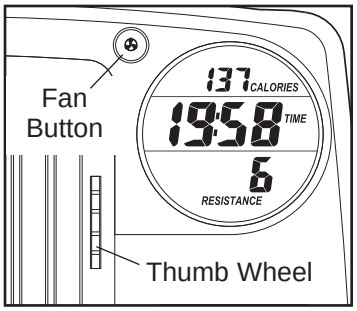


If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. Place your hands on the handgrip pulse sensor, with your palms on the upper contacts and your fingers touching the lower contacts. **Avoid moving your hands.** When your pulse is detected, the heart-shaped indicator in the upper part of the right display will begin to flash each time your heart beats. After a moment, one or two dashes will appear and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds. Note: If you continue to hold the handgrip pulse sensor, the lower display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; never use alcohol, abrasives, or chemicals.

6 Turn on the fan if desired.



To turn on the fan at low speed, press the fan button near the top of the right display. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is turned on but the pedals are not moved for thirty seconds, the fan will automatically turn off.

Rotate the thumb wheel on the right side of the fan to adjust the angle of the fan.

7 When you are finished exercising, the console will automatically turn off.

If the pedals are not moved for a few seconds, a series of tones will sound, the time will begin to flash, and the console will pause.

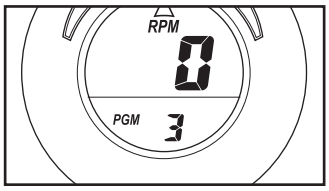
If the pedals are not moved for a few minutes, the console will turn off and the displays will be reset.

HOW TO USE A PRESET PROGRAM

1 Turn on the console.

See step 1 on page 11.

2 Select one of the preset programs.



Each time the console is turned on, the manual mode will be selected. To select a preset program, press the Program button repeatedly until PGM 1, PGM 2, PGM 3, PGM 4, PGM 5, or PGM 6 appears in the lower part of the left display.

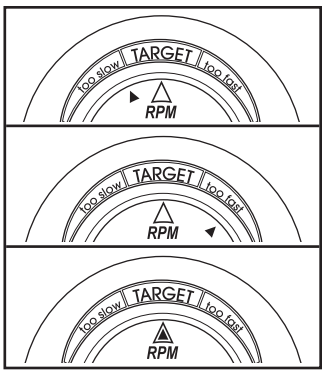
3 Press the Start button or begin pedaling to start the program.

Each preset program consists of several one-minute periods. One resistance level and one target pace are programmed for each period. Note: The same resistance level and/or target pace may be programmed for two or more consecutive periods.

At the end of each period of the program, the resistance of the pedals will automatically change if a different resistance level is programmed for the next period. Note: If the resistance level is too high or too low, you can change it by pressing the + and – buttons below the right display. However, when the current period is completed, the resistance of the pedals will automatically change if a different resistance level is programmed for the next period.

During the program, the center of the right displays will show the time remaining in the program. If you stop pedaling for a few seconds, the displays will pause and the time will flash. If you continue pedaling after the program is completed, the displays will continue to show exercise feedback.

4 Use the pace guide to pace your exercise.



Throughout the program, the pace guide in the upper part of the left display will prompt you to increase or decrease your pedaling pace. When one of the arrows on the left side of the pace guide lights, increase your pace; when one of the arrows on the right side lights, decrease your pace. When the center arrow lights, maintain your current pace. **Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**

5 Monitor your progress with the two displays.

See step 4 on page 11.

6 Measure your heart rate if desired.

See step 5 on page 12.

7 Turn on the fan if desired.

See step 6 on page 12.

8 When you are finished exercising, the console will automatically turn off.

See step 7 on page 12.

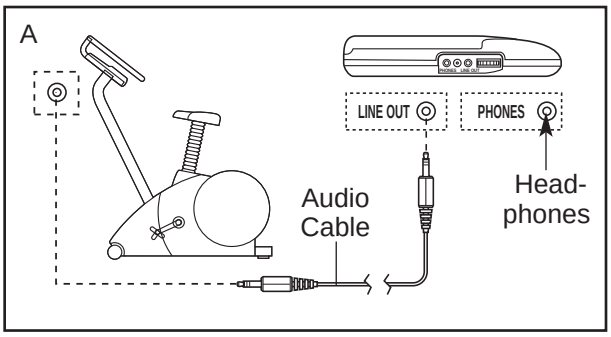
HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the exercise cycle must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 14 and 15 for connecting instructions. **To use iFIT.com videocassettes**, the exercise cycle must be connected to your VCR. See page 16 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the exercise cycle must be connected to your home computer. See page 15 for connecting instructions.

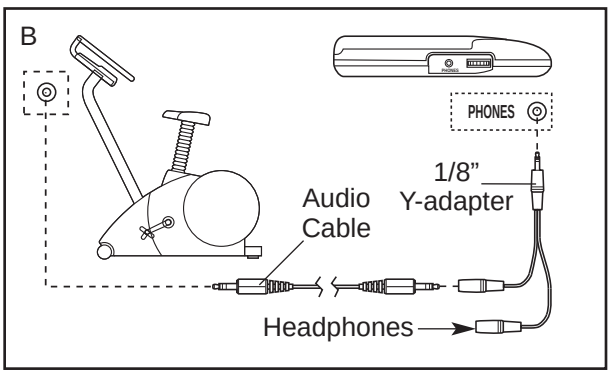
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of a 1/8” to 1/8” stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



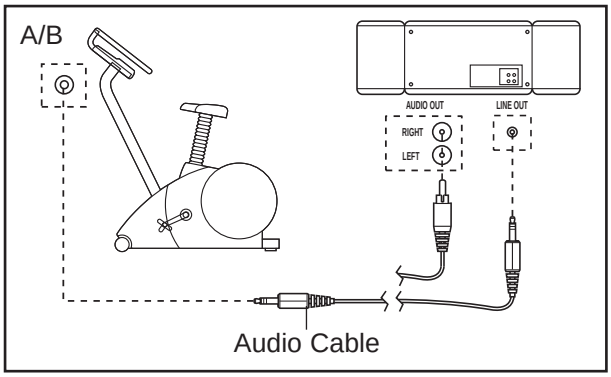
B. Plug one end of a 1/8” to 1/8” stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8” Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.



HOW TO CONNECT YOUR PORTABLE STEREO

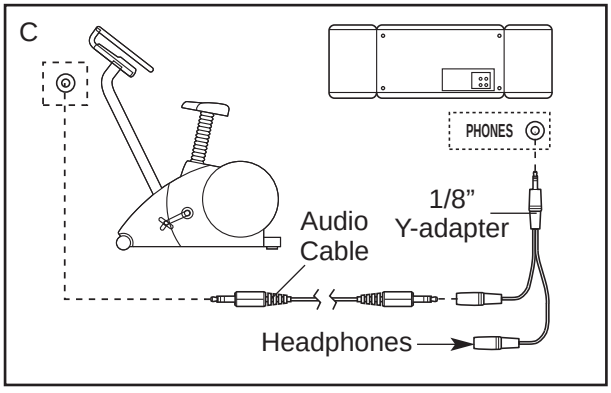
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8” LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of a 1/8” to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



B. Refer to the drawing above. Plug one end of a 1/8” to 1/8” stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.

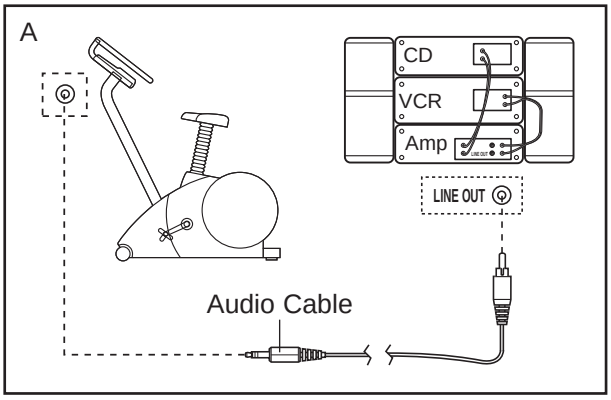
C. Plug one end of a 1/8” to 1/8” stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8” Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.



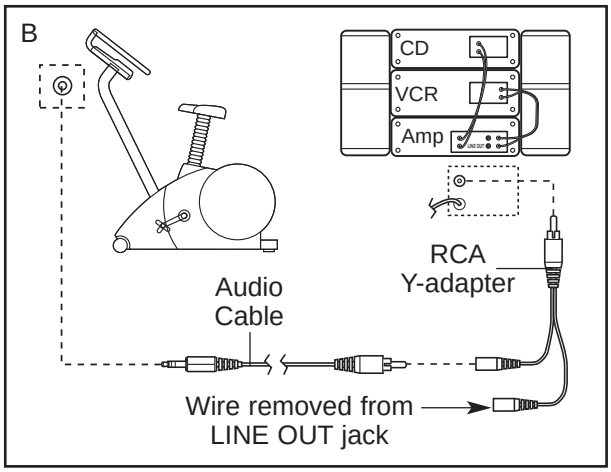
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of a 1/8” to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.



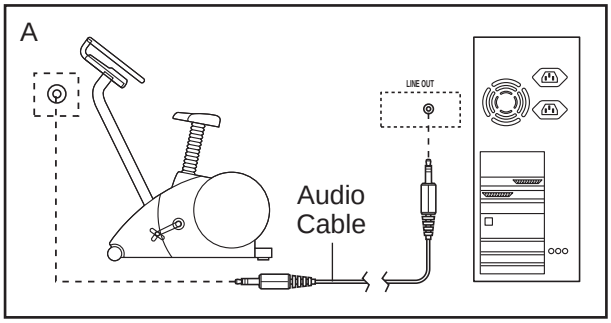
B. Plug one end of a 1/8” to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.



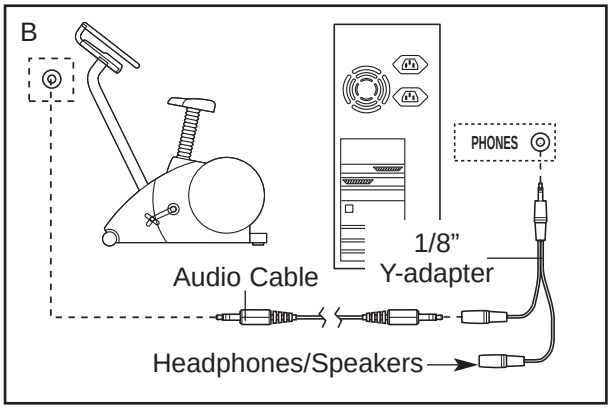
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 1/8” LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of a 1/8” to 1/8” stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.



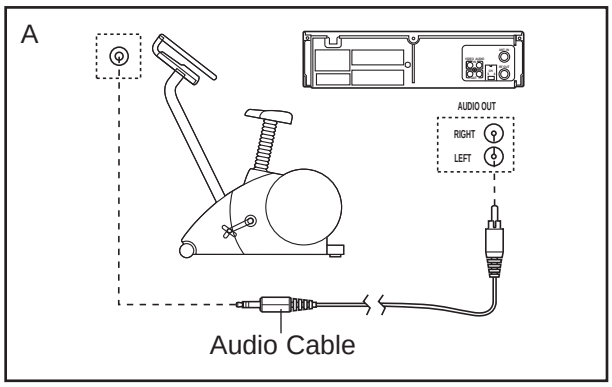
B. Plug one end of a 1/8” to 1/8” stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8” Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



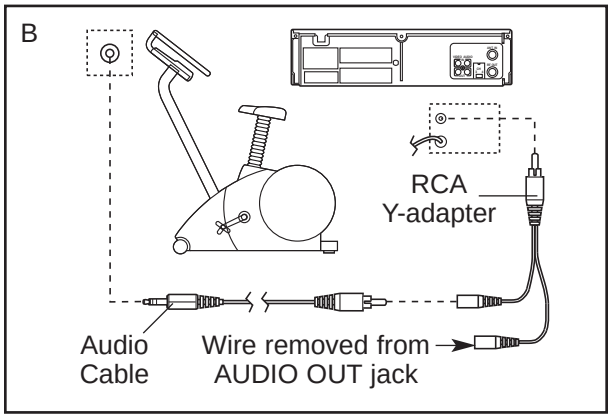
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 15.

A. Plug one end of a 1/8” to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



B. Plug one end of a 1/8” to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the exercise cycle must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on pages 14 to 16. **To purchase iFIT.com CDs and videocassettes, call toll-free 1-833-533-1333.**

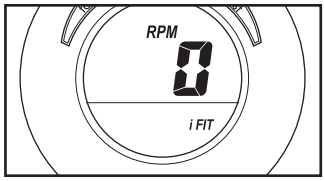
Follow the steps below to use an iFIT.com CD or video program.

1 **Turn on the console.**

See step 1 on page 11.

2 **Select the iFIT.com mode.**

To select the iFIT.com mode, press the Program button repeatedly until the letters iFIT appear in the lower part of the left display.



3 **Insert the iFIT.com CD or videocassette.**

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 **Press the play button on your CD player or VCR.**

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a preset program (see steps 3 and 4 on page 13). However, an electronic "chirping" sound will alert you when the resistance of the pedals and/or the pace guide is about to change.

Note: If the resistance of the pedals and/or the pace guide does not change when a "chirp" is heard:

- **Make sure that the letters "iFIT" appear in the left display.**
- **Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected and that it is fully plugged in.**

5 **Monitor your progress with the two displays.**

See step 4 on page 11.

6 **Measure your heart rate if desired.**

See step 5 on page 12.

7 **Turn on the fan if desired.**

See step 6 on page 12.

8 **When you are finished exercising, the console will automatically turn off.**

See step 7 on page 12.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com programs directly from the internet. To use programs from our Web site, the exercise cycle must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 15. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

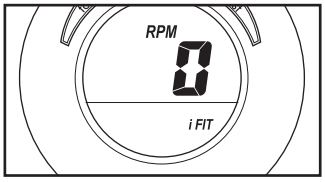
Follow the steps below to use a program from our Web site.

1 **Turn on the console.**

See step 1 on page 11.

2 **Select the iFIT.com mode.**

To select the iFIT.com mode, press the Program button repeatedly until the letters iFIT appear in the lower part of the left display.



3 **Go to your computer and start an internet connection.**

4 **Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.**

5 **Follow the desired links on our Web site to select a program.**

Read and follow the on-line instructions for using a program.

6 **Follow the on-line instructions to start the program.**

When you start the program, an on-screen countdown will begin.

7 **Return to the exercise cycle and begin pedaling.**

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a preset program (see steps 3 and 4 on page 13). However, an electronic “chirping” sound will alert you when the resistance of the pedals and/or the pace guide is about to change.

8 **Monitor your progress with the two displays.**

See step 4 on page 11.

9 **Measure your heart rate if desired.**

See step 5 on page 12.

10 **Turn on the fan if desired.**

See step 6 on page 12.

11 **When you are finished exercising, the console will automatically turn off.**

See step 7 on page 12.

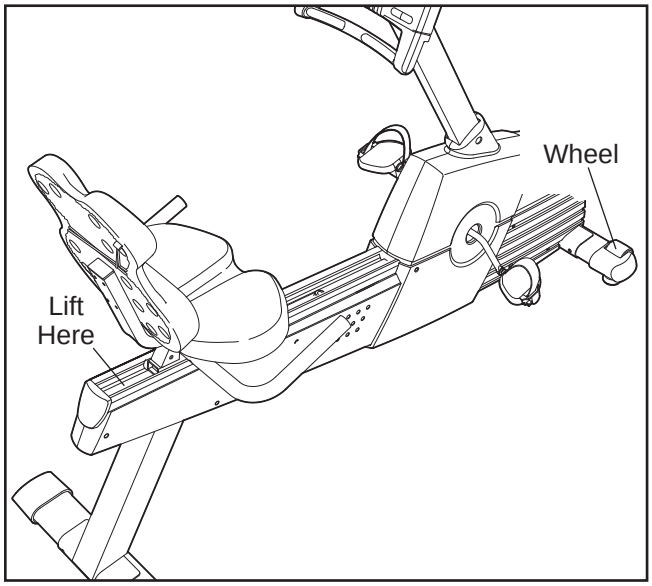
MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

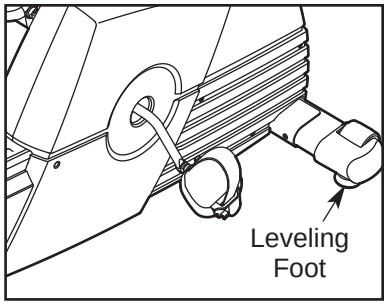
To clean the exercise cycle, use a damp cloth and a small amount of mild soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

HOW TO MOVE THE EXERCISE CYCLE

To move the exercise cycle, stand behind it and lift the frame in the location shown below. **To reduce the risk of injury, bend your legs and keep your back straight. As you lift the frame, make sure to lift with your legs rather than your back.** Carefully move the exercise cycle on the front wheels, and then lower the frame.



HOW TO LEVEL THE EXERCISE CYCLE



After the exercise cycle has been moved to the location where it will be used, make sure that both ends of front stabilizer are touching the floor. If the exercise cycle rocks slightly during use, turn one or both of the leveling feet under the front stabilizer until the rocking motion is eliminated.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands while using the handgrip pulse sensor. Excessive movement may interfere with heart rate readings.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 30 seconds.
- For optimal performance of the handgrip pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth; **never use alcohol, abrasives, or chemicals.**

BATTERY REPLACEMENT

If the displays on the console become dim, the batteries should be replaced. Most console problems are the result of low batteries. See assembly step 9 on page 8 for replacement instructions.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. PFEX38440

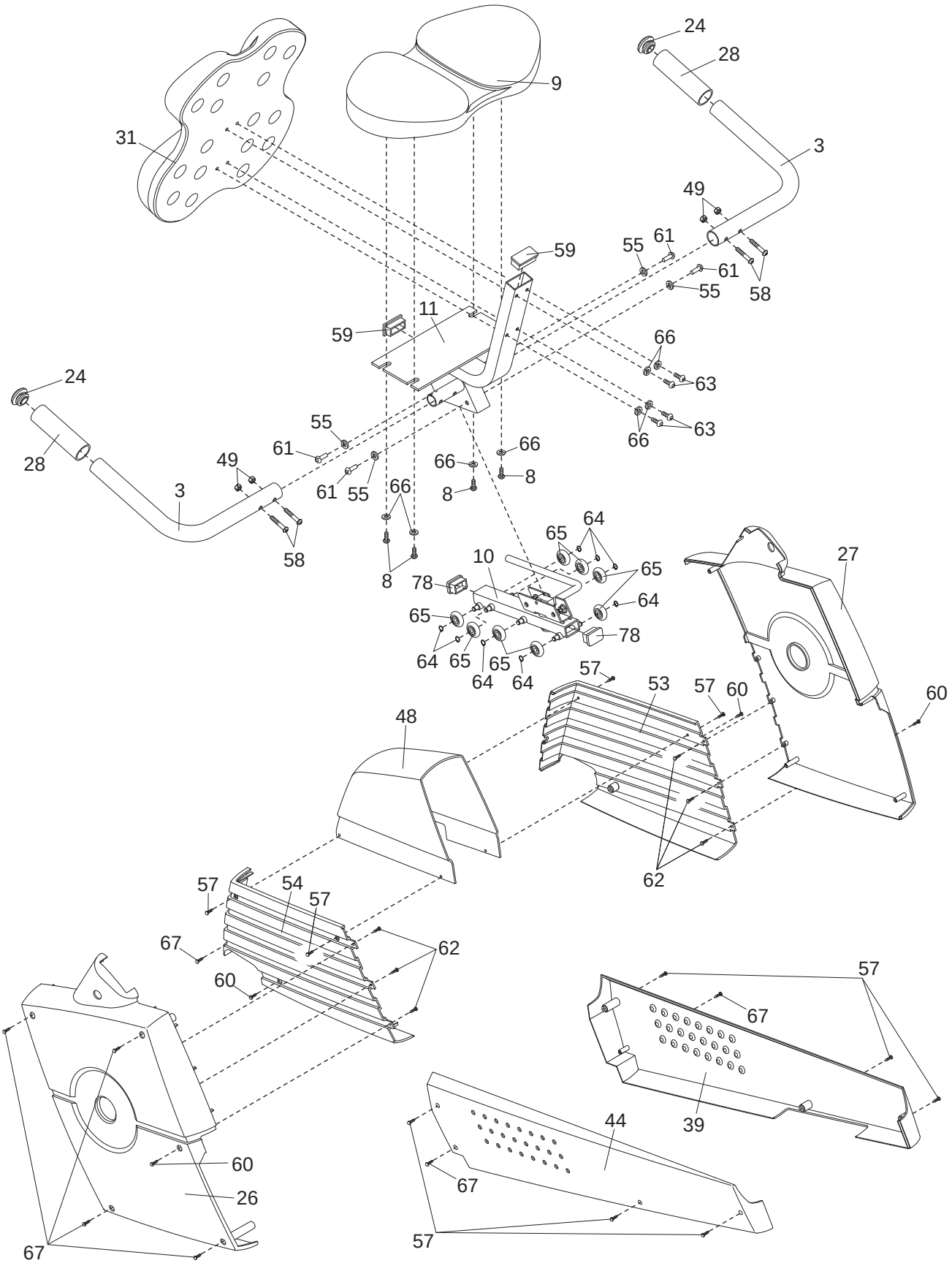
R1004A

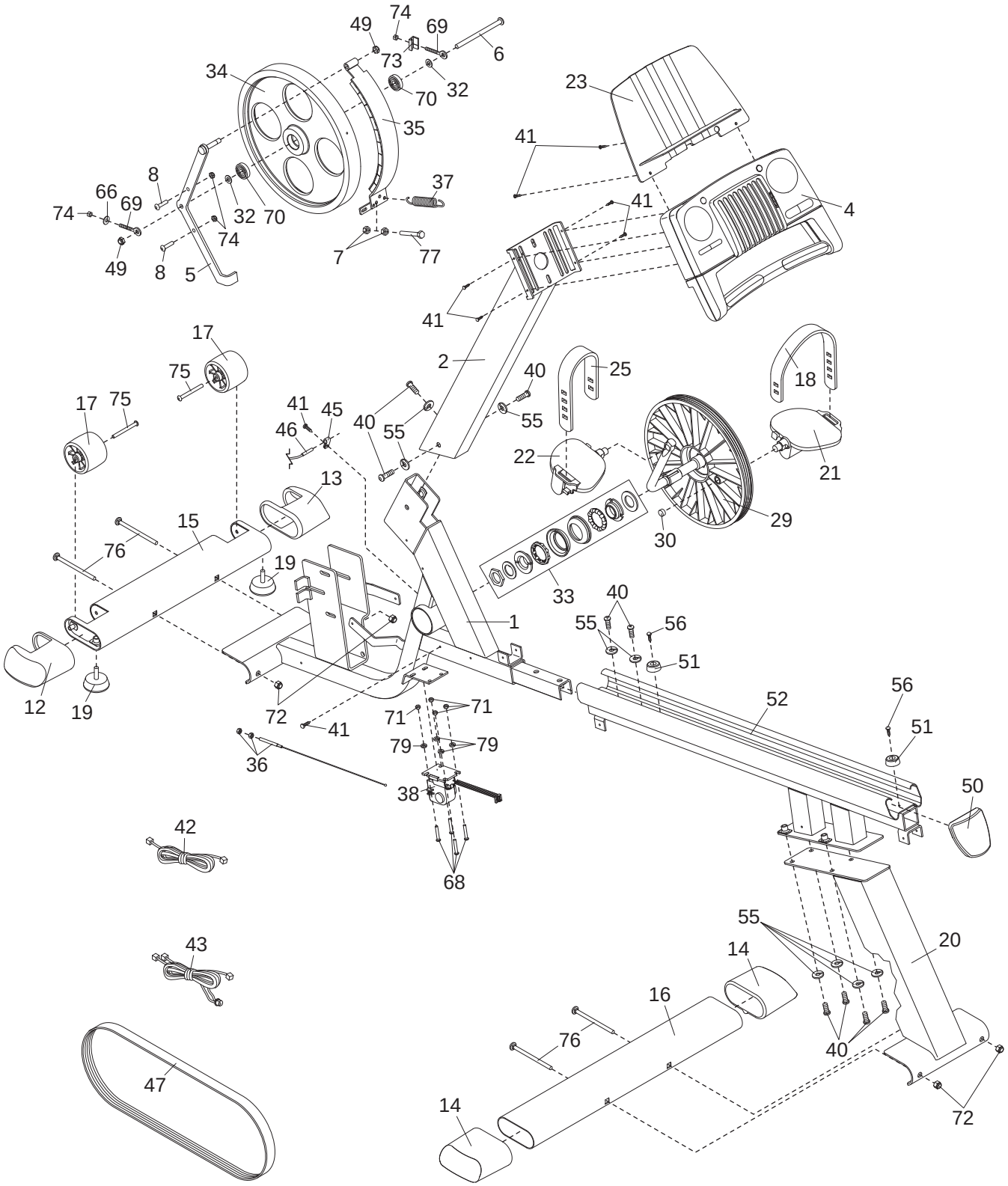
Key No.	Qty.	Description
1	1	Frame
2	1	Upright
3	2	Handlebar
4	1	Console
5	1	“C” Magnet Bracket
6	1	Flywheel Axle
7	2	M6 Nut
8	6	M6 x 16mm Button Screw
9	1	Seat
10	1	Seat Carriage Assembly
11	1	Seat Bracket
12	1	Left Front Endcap
13	1	Right Front Endcap
14	2	Rear Stabilizer Endcap
15	1	Front Stabilizer
16	1	Rear Stabilizer
17	2	Wheel
18	1	Right Pedal Strap
19	2	Leveling Foot
20	1	Leg
21	1	Right Pedal
22	1	Left Pedal
23	1	Book Holder
24	2	Handlebar Endcap
25	1	Left Pedal Strap
26	1	Left Side Shield
27	1	Right Side Shield
28	2	Foam Grip
29	1	Pulley
30	1	Magnet
31	1	Backrest
32	2	Flywheel Washer
33	1	Crank Bearing Set
34	1	Flywheel
35	1	“C” Magnet
36	1	Resistance Cable Assembly
37	1	Spring
38	1	Resistance Motor
39	1	Right Rail Cover
40	9	M8 x 19mm Button Screw
41	8	M4 x 12mm Screw
42	1	Upper Wire Harness
43	1	Lower Wire Harness
44	1	Left Rail Cover
45	1	Clamp
46	1	Reed Switch/Wire
47	1	Drive Belt
48	1	Flywheel Cover
49	6	M8 Nylon Locknut
50	1	Frame Rail Endcap
51	2	Bumper
52	1	Frame Rail
53	1	Right Belt Cover
54	1	Left Belt Cover
55	13	M8 Split Washer
56	2	M4 x 20mm Screw
57	10	M4 x 16mm Screw
58	4	M8 x 38mm Button Bolt
59	2	Seat Bracket Endcap
60	4	M4 x 25mm Screw
61	4	M8 x 16mm Button Screw
62	6	M4 x 10mm Screw
63	4	M6 x 35mm Button Screw
64	8	Small Snap Ring
65	8	Carriage Wheel
66	9	M6 Washer
67	7	M4 x 38mm Screw
68	4	M4 x 15mm Flange Bolt
69	2	Eyebolt
70	2	Flywheel Bearing
71	4	M4 Nylon Locknut
72	4	M10 Nylon Locknut
73	1	Flywheel Bracket
74	4	M6 Nylon Locknut
75	2	M6 x72mm Button Screw
76	4	M10 x 112mm Carriage Bolt
77	1	Stop Bolt
78	2	Seat Carriage Endcap
79	4	M4 Washer
#	1	Seat Cover
#	1	Backrest Cover
#	1	Allen Wrench
#	1	User’s Manual

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. PFEX38440

R1004A

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HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-533-1333, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (PFEX38440)
- The NAME of the product (PROFORM® GR 90 exercise cycle)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 21)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Part No. 217720 R1004A

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